

## Hand Washing Awareness Week Stresses Prevention

One of the simplest and most effective ways to prevent disease is proper hand washing. National Hand Washing Awareness Week runs from Dec. 5- Dec. 11 to remind everyone of the importance of hand washing, and to encourage proper hand washing procedures. A Web site that is helping to make National Hand Washing Awareness Week a success is [www.henrythehand.com](http://www.henrythehand.com). Henry the Hand invites everyone from children to public figures to participate in the festivities of National Hand Washing Awareness Week.

Henry the Hand encourages children to keep track of all their hand washes in a hand-washing log and to participate in a poster contest. The hand-washing log can be found at [www.henrythehand.com](http://www.henrythehand.com). Participants of the poster contest are encouraged to design a poster that explains why hand washing is important to them. The winners of the hand washing and poster contests will be announced on the Henry the Hand Web site.

Restaurant owners are encouraged to participate as well by going to the Henry the Hand Web site and registering their food establishment as one that acknowledges hand washing as being important to them. Everyone is encouraged to nominate any public figure they see washing their hands on television for the honor of public figure most concerned with hand washing.



Everyone can participate in National Hand Washing Week simply by following the guidelines below.

1. Wash before eating and any other time hands are dirty.
2. Cough into elbow instead of hands.
3. Sneeze into elbow instead of hands.
4. Do not touch eyes, nose or mouth.
5. Always wash hands after using the bathroom.

No matter whether you register for the competitions offered by Henry the Hand or not, if you practice the guidelines above, you are already a winner of good health! For additional information on hand washing, you can long onto the following link: [http://www.kdhe.state.ks.us/wash\\_em/index.html](http://www.kdhe.state.ks.us/wash_em/index.html).